



## Northern Beaches Multicultural Communities Inc

### Is here for you...

- If you are feeling lonely
- Are struggling to get your groceries
- Have too much on your mind
- Can't get to your medical appointments

**Call us on our toll-free number if you are impacted by COVID-19  
or feeling isolated**

**1800 749 259**

### NBMC offers the following FREE services

- Chats by phone
- Taking you to a medical appointment
- Walking companions
- Taking you to grocery shopping or supply of medications
- Walking your pet
- Short term counselling
- Online exercise companion
- Linking you to other services
- Interpreting

Our volunteers speak Bosnian, Croatian, Italian, Portuguese, Serbian and Spanish languages

**Community Support  
When you need it**

**Proudly Supported by**



northern  
beaches  
council